

THE MOST DANGEROUS OF ALL DISEASES

No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, look out! Danger is in sight.

Find out what the trouble is—without delay. Whenever you feel nervous, weak, dizzy, suffer from sleeplessness, or have pains in the back, wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from your system.

Get some GOLD MEDAL Haarlem Oil Capsules at once. They are an old, tried preparation used all over the world for centuries. They contain only old-fashioned, soothing oils combined with strength-giving and system-cleansing herbs, well known and used by physicians in their daily practice. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are convenient to take, and will either give prompt relief or your money will be refunded. Ask for them at any drug store, but be sure to get the original imported GOLD MEDAL brand. Accept no substitutes. In sealed packages. Three sizes.



WATCH YOUR COLTS

For Coughs, Colds and Distemper, and at the first symptoms of any such ailment, give small doses of that wonderful remedy, now the most used in existence, SPOHN'S DISTEMPER COMPOUND.

Safe for all ages. Colts, Mares in foal, Stallions and all others. An excellent preventive as well as a cure. Sold by druggists.

SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.

Stop Losing Calves

You can Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of **DR. DAVID ROBERTS' "Anti-Abortion"**

Small Expense. Easily Applied. Sure Results. Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS' VETERINARY CO., 190 Grand Ave., Waukegan, Wis.

White Diamond Photograph Needle Co., Minneapolis, Minn., offers \$40 cash for best letter describing merits of its needle, pkg. 25c.

W. N. U., SIOUX CITY, NO. 20-1919.

Slender Returns. "Did you raise anything on your promise to pay?" "Oh, yes; I raised a smile."

A buzz saw can teach an inquisitive man more in a minute than the best instructors can teach him in a lifetime.

CALIFORNIA

Pacific Grove—with its ideal climate—famous summer and winter resort city of charming Monterey. 237-227 miles south of San Francisco. Wonderful fishing; world-renowned auto drives along rugged shores and in beautiful pine, oak and cypress forests. Free literature. Address Chamber of Commerce, Pacific Grove, Cal.

Kodak Finishing

Expert work. Prompt return. Special mail order department. We pay return postage. Write for price list. The Robert Dempster Co., Box 1138, Omaha, Neb.

MONTANA WHEAT LAND FOR SALE BY OWNER in the famous Judith Gap district. W. T. NORDLAND, Judith Gap, Montana.

Just Beginning. Mrs. Finckel—"Is yours 'an old family, Mr. Newpop?" Mr. Newpop—"Mercy, no! We've been married only a year."

If Eve hadn't been forbidden to eat that apple the chances are that it wouldn't have happened.



The Flow of Meat

Two-thirds of the live stock in the United States has to be raised in the West.

One-half of the consumers of meat live in the East.

In other words, most of the live stock is one or two thousand miles distant from most of the people who need it in the form of food.

Fifty years ago, when live stock was raised close to every consuming center, the country butcher could handle the job after a fashion.

But the job got too big.

Now millions of animals have to be moved hundreds of miles to millions of people. Somewhere on the way they have to be turned into meat.

The packers solved the problem. They set up plants where the "live haul" and the "meat haul" were in the right balance. They built up distributing systems—refrigerator cars, refrigerating plants, branch houses. They saved time, money and meat everywhere. The stockraiser benefited in better markets and higher prices; the consumer, in better meat and lower prices.

As the country grew, the packers had to grow, or break down. Because of its present size and efficiency, Swift & Company is able to perform its part in this service at a fraction of a cent per pound profit.

Swift & Company, U. S. A.

HOME TOWN HELPS

REFUGES FROM SUDDEN STORM

Easily Constructed Shelter Which Should Have Place on Every Public Picnic Ground.

There is not much pleasure to be had in the woods if no shelter is near when rain threatens at any minute. Many picnics are broken up by showers which last but a few minutes, simply because there is no way to protect the food or to keep dry until the squall passes over, writes C. L. Meller, Fargo, N. D., in Popular Mechanics Magazine. A shelter, such as illustrated, will take the discomfort out of walks and picnics, and will induce people to tempt the weather more often, since they know that protection is within easy reach.

A dead tree, the trunk of which is still quite sound, makes an excellent start for such a shelter. It should be cut off about ten feet from the ground, care being taken to make the saw cuts as even as possible. It may be necessary to erect scaffolding to make this cut properly. After the cut surface is worked smooth, eight rafters are fitted into the top of the trunk. The rafters are 12 feet long, four of them being two by four inch timber, and four, four by four inches. They are supported at the outer end by four by four inch posts, driven into the ground and extending eight feet



Picnickers Have Little Fear of Passing Rainstorms When a Substantial Shelter is Near to Protect Clothing and Food.

above it. The four by four inch rafters should be fitted into the log first, the two by four inch being added later. Upon this framework, which forms an octagonal, umbrella-shaped structure, seven-eighths inch boards are nailed to form the roof. This may be covered with shingles or some roofing material.

For greater comfort, a seat built around the trunk may be added, and other seats may be built near it. The whole structure should be finished in a dark, neutral brown, with just a touch of white trimming. If the roof is stained a moss-green, the color scheme will be in harmony during all seasons of the year, with the prevailing colors throughout the surrounding woods.

BUILD TO SUIT HOUSEWIFE

Designers Appreciate Importance of House Construction From the Standpoint of the Women.

The average citizen, supported by the women of his household, is demanding improved home building and this will, of course, influence all future building operations. From now on consideration of the housing question must be primarily from the point of view of the housewife. Consequently, labor-saving devices will be increasingly stressed. Landlords have learned that it can be just as profitable to own well-kept properties as it is to own dilapidated tenements, or vacant lots filled with rubbish or billboards.

The United States Housing corporation, however, has not adopted any Utopian building scheme. It has simply recognized that the efficiency of the workman is seriously depreciated if he and his family must live in unsanitary dwellings. It has been proved that if he is to work to his best capacity he must be not only well housed, but housed adequately and comfortably within reasonable distance from his workshop and at a rental he will be able to pay.

Industrial housing is a comparatively new proposition in America. It is an old one in England, and in many ways it has been adequately solved. The problem there is now largely dealt with from the woman's angle.

Need for City Planning.

The need of city planning and the pushing of public work is greater today than ever before, said Walter D. Moody, managing director of the Chicago plan commission, in an interview with a representative of the Christian Science Monitor. Not only is this true because public work needs to be done to aid in the solution of the labor problem, continued Mr. Moody, but the cities in the United States have grown so rapidly in the last twenty years and the problems of city life are so complex that the new conditions cannot be coped with for the well-being of the people in them without a definite city plan to work to. The problems of parks, better housing, sanitation, ample means for recreation, and facilitation of traffic and the relief of traffic congestion, must be given special attention.

SAVED BY A FAITHFUL WIFE

Suffered Thirty Years With Stomach Trouble and Hemorrhages of the Bowels.

The Story of a Wonderful Recovery

There is hardly any one who does not experience some trouble with the stomach. It is so common that we frequently pay little or no attention to it. Yet, the stomach is very easily upset, and catarrhal inflammation of the mucous lining develops, grows worse—the pain and distress is incessant and the truth dawns that we have chronic stomach trouble.

The case of Mr. Louis Young, 205 Merrimac St., Rochester, N. Y., is typical. He writes: "I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully. I began to feel better. My wife persuaded me to continue and I did for some time as directed. Now I am a well man." Mr. Young's experience is not unusual.

If you suffer from catarrh in any form, whether of the head, stomach, bowels or any other part of the body, try Peruna. It may be just what you need. Peruna comes in either liquid or tablet form and is sold everywhere. Your dealer has it or will get it for you. Ask for Dr. Hartman's World-Famous Peruna Tonic and insist upon having it. If you want your health accept nothing else.

All the sick and suffering are invited to write The Peruna Company, Dept. 78, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and may help you. Ask your dealer for a Peruna Almanac.

Now Is the Time to Buy a Farm in Good Old U.S.A.

Although the war is over, the demand for food continues. The business of producing things to eat, therefore, promises of paying satisfactory dividends.

The U. S. RAILROAD ADMINISTRATION offers the cooperation of its HOMESEKERS' BUREAU to those who wish to engage in farming, stock-raising, dairying, poultry raising, fruit growing, and kindred pursuits. Free information will be furnished about farm opportunities in any State on request. Write today. Give me the name of the State you want information about; say what line of farm activity you wish to follow, and the number of acres you will need, and let me know what kind of terms you desire. The more particulars you can send regarding your requirements, the better I can serve you.

Nothing to Sell. Only Information to Give. J. L. EDWARDS, Manager, Agri. Section, U. S. Railroad Administration, Room 2900, Washington, D. C.

GLA AND MOHAWK Valley Land, Rich as Valley Nile, on Main line S. P. Ry. Level, productive, ranches adjoining producing abundance cotton, alfalfa, barley, corn, vegetables, fruit, \$10 to \$15 per acre. This price good 60 days only. McCoon and Theriault, 331 Citizens' Nat'l Bank, Los Angeles, Cal.

Mississippi Farms—Ranches. Ideal climate, excellent schools, plenty rainfall, good roads, fertile soils. Miss. Land Co., Canton, Miss.

There is nothing in which people betray their character more than in what they find to laugh about.—Goethe.

Baby's little dresses will just simply dazzle if Red Cross Ball Blue is used in the laundry. Try it and see for yourself. At all good grocers, 6c.

The same hammer that breaks a piece of iron in two can be used to weld two pieces of iron into one.

YIELD BIG CROPS

Grain Seeds From Western Canada Do Well in Ohio.

Demand for Them is Bound to Add Value to the Land of Our Northern Neighbor, Now to Be Had Cheap.

A large area of the land in several counties in Ohio prepared for spring seeding will be seeded with Marquis wheat—a spring variety. This wheat is imported from Western Canada. It was about three years ago that the first of this seed was imported into the States, and the result, watched each succeeding year, proved that Ohio soil and spring seeding was a success. The demand for the seed has now become so great that one of the largest seed houses in the state, that has been purchasing from Western Canada farmers and importing it, has decided to purchase a large block of land in that country for the purpose of growing the grain themselves. They will devote a considerable portion of their Western Canada holdings to growing oats, barley and rye. Their action is a strong endorsement of the product. For some time past a considerable quantity of seed oats has also been imported. The prolific yield reported was what probably gave an impetus to the introduction of wheat.

It was found, though, after a couple of years the quality of the oats, as well as the yield, began to deteriorate when grown seed was used, making it necessary for fresh importations every couple of years. It is possible that the same experience may follow the growing of Western Canada wheat. In fact it is quite probable, and the Ohio farmer will find it necessary to import every two years.

With the success that has followed the Ohio farmers' experiments with this imported seed it is possible other states now growing winter wheat will begin growing spring wheat. It may therefore be taken for granted that Western Canada, in addition to its ability to produce hundreds of millions of bushels of wheat possessing the greatest percentage of gluten of any wheat in the world, will shortly be called upon to provide the seed that will be grown on the additional acres in the United States that may be devoted to spring wheat.

It is a well-established fact that the further north any product of the farm can be brought to a state of maturity, the more vigorous it becomes. This has been proven in the grains that have been produced in Western Canada; it has been shown in the development of its horses, its cattle, its sheep and its hogs; also in its people. The neighbor to the north really has a splendid future before him, and many years will not have passed before the lands that are selling today at much less than their producing value will bring prices more commensurate with their true worth than they do today. Think of lands that yield in their operation a profit of from fifteen to twenty-five dollars an acre a year selling at figures less than \$40 an acre. It does not require a mathematician to figure the percentage of profit. It is unfair to these lands to ask them to continue these profits for long. So it is safe to make the prediction that in a very few years they will place themselves on a parity with other lands that today produce less and sell for much more.—Advertisement.

The Beginning of Economy. Husband—We'll have to economize, dear. Wife—Well, let's smoke less.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

He Knew Them. "I told you," said the merchant, "to mark this box 'Handle with care.' What's this gibberish you've scrawled on it?" "That," replied the college graduate, "is the Latin for 'Handle with care.'"

"Huh! How do you expect a bag-gageman to understand that?"

"He won't, and therefore he won't get mad and smash the box."—Boston Transcript.

Much of mother's popularity with her children is due to the fact that she is willing to wait on them.

Back Lame and Achy?

There's little peace when your kidneys are weak and while at first there may be nothing more serious than dull backache, sharp, stabbing pains, headaches, dizzy spells and kidney irregularities, you must act quickly to avoid the more serious trouble, dropsy, gravel, heart disease, Bright's disease. Use Doan's Kidney Pills, the remedy that is so warmly recommended everywhere by grateful users.

An Iowa Case. C. B. Weston, Justice of the peace, Traer St., Greene, Iowa, says: "I have used Doan's Kidney Pills off and on for attacks of kidney complaint. When I take cold it settles on my kidneys and brings on the attacks. Mornings I have a lameness in the small of my back and the kidney secretions are unnatural and irregular in passage. I always use Doan's Kidney Pills at these times and receive prompt relief."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Could Not Resist His Appeal. "No, Mr. Smith," she said, gently but firmly, "I can never be your wife." Then he struggled to his feet and said in broken tones: "Are all my hopes to be thus dashed to pieces? Am I never to be known as the husband of the beautiful Mrs. Smith?" This was too much for the girl, and she succumbed.

Betty Said She Could Bake

"I knew she never had baked a cake and I was doubtful. But I told her to go ahead.

"She got my treasured Royal Cook Book, my can of Royal Baking Powder and all the fixings—and sailed in.

"Honestly, it was the best cake we ever had, and now I believe anyone who tries can bake anything with

Royal Baking Powder

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—

Leaves No Bitter Taste

The Royal Cook Book, containing over 500 recipes for all kinds of cookery, mailed free. Write for a copy to ROYAL BAKING POWDER CO., Dept. H, 135 William Street, New York